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Headed to OFSAA

Erika Hoare, from left, Olivia Gruppe, Violet Humphries, and Ella Gervais competed in a short course relay at the COSSA Nordic skiing championships on Tuesday, Feb. 14 where all HHSS competitors qualified for the OFSAA Nordic Championships. Read more on page 8. /KAREN GERVAIS Special to the Echo

Ontario's minimum wage is \$4 short of a livable rate

JAMES MATTHEWS

Local Journalism Initiative Reporter

The province's minimum wage needs to be increased to a more livable wage if

people are going to beat food insecurity.

That's one of the findings in the Haliburton, Kawartha, Pine Ridge District Health Unit's 2022 Nutritious Food Basket Report. The document is entitled Addressing Food Insecurity and Pov-

erty in the County of Haliburton, City of Kawartha Lakes and Northumberland County.

The minimum hourly wage in Ontario is \$15.50. Compare that to the \$19.05 per hour that's calculated to be the 2022 living

wage for all three counties.

Food insecurity refers to not having enough food or worrying there is not enough to eat because of a lack of money.

see INCOME page 2

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Unpacking the idea of basic income

EMILY STONEHOUSE

Staff Reporter

"Poverty isn't a lack of character; it's a lack of cash." That is the concept presented by historian Rutger Bregman during a 2017 TED Talk on basic income. The concept of universal basic income (BI) is that all residents would receive a guaranteed income through unconditional transfer payment. This would mean that members of the population would not have to prove anything to be deserving of a life above the poverty line.

This concept was presented to a group of people on Feb. 8, during a meeting held in the downstairs of the Highland Hills United Church in Minden. As folks sipped tea in a semi-circle around Judy Paul, the facilitator of the session, they were asked why they were in attendance. The consistent response was "to learn more about what basic income is." And so, the conversation began to unfold from there.

This group was formed from a series of interested citizens, who believed that there are options beyond the norm of polarized income. As was noted in the meeting, this issue is particularly prevalent in Haliburton County. In the County of Haliburton Community Safety Wellbeing Plan that was presented in 2022, it was confirmed that the county has the second highest cost of living in Ontario at \$19.47. This is second only to Toronto. The provincial



Facilitator Judy Paul engaged a group of interested citizens during a conversation on the logistics of basic income on Feb. 8. /EMILY STONEHOUSE Staff

average of those considered low-income is 12.3 per cent, with Haliburton County surpassing that at 17.2 per cent. Amongst this percentage, 23 per cent are children living in poverty.

At the meeting, it was discussed whether BI would rectify this staggering statistic. "If we had a national basic income, it could provide economic security for people in Haliburton working minimum wage jobs, people who don't not get full-time hours on a regular basis, those who work seasonally and those who are self-employed," said Paul.

In the wellbeing plan, it was also identified that Haliburton County struggles

with a higher unemployment rate (9.6 per cent) than the provincial average (7.4 per cent). The plan states "The employment profile is characterized by low-wage jobs and high Ontario works enrolment rates, particularly among 30 to 39-year-olds."

Paul believes that BI would support this demographic who are struggling with the cost of life in the county. "We have a significant percentage of young people on social assistance," she said, "and if they are struggling with mental health issues, addictions or homelessness, a BI would go a long way to stabilize their lives."

Yet, the concept of BI is far from being formalized. It was originally discussed over 500 years ago, by writer and philosopher Thomas More, who outlined the concept in his book, *Utopia*. Since then, it has been discussed widely in socio-economic circles, yet not fully adopted in any country as of yet, despite a series of trials implemented in cities around the world.

"Two of the biggest issues we face are, how will we pay for a BI and the belief that people won't work if they get a BI," said Paul. This is a common concern circulating around the BI conversations, yet Paul believes that if BI was practiced properly, it would actually have the opposite effect. "BI would enable people to go back to school or take some training because they would be able to cover their living expenses while attending a program and have less debt when they are finished."

There are quantitative factors to BI, such as the logistics of doling it out in a community that has municipal, provincial, and federal taxes, as well as qualitative considerations, such as quality of life and incentive to work. Yet it's a topic that has sparked interest in the area. Paul has intentions of continuing the conversation with council members, service clubs, regional economic development partners, and interested members of the community. There is hope that these conversations will snowball into a formalized group who will follow-through with putting the concept into practice for the county as a whole.

Income-based solutions needed to address food insecurity

from page 1

"Food banks were created to provide temporary relief and cannot address the issue of insufficient incomes, which is the root cause of poverty and food insecurity," said Sarah Tsang, a registered dietitian and health equity coordinator with the HKPR District Health Unit.

"Reducing food insecurity will need to include income-based strategies such as increasing minimum wage to a living wage, improving employment standards, increasing social assistance rates that reflect the true costs of living, and providing a basic income guarantee in Canada."

With food prices expected to rise again in 2023, residents are encouraged to learn more about the issues impacting over 10 per cent of households in the geographical area, she said.

It is also important to support income-based solutions and companies that pay their employees a living wage while also being kind and compassionate to friends, family and neighbours who may be struggling with food insecurity.

In 2020, as many as 12.9 per cent of Haliburton County households, 8.7 per cent of Northumberland County households, and 10.2 per cent of City of Kawartha Lakes households were considered low-income and struggled to pay for rent, bills, and healthy food.

The 2022 report highlights the cost of healthy eating when compared to different household income scenarios.

The health unit estimates an average family of four (two adults, a teen, and child) would have spent just more than \$1,100 per month to eat healthy in 2022.

The Nutritious Food Basket consists of

more than 60 food items that are healthy and commonly purchased. Items not included in the food basket costing are essentials like soap, toilet paper, toothpaste, and other personal care items.

Within the report, the health unit compared the incomes and expenses of several household scenarios to show how different incomes can affect healthy eating across Haliburton County, City of Kawartha Lakes, and Northumberland County.

Those scenarios included a family of four on minimum wage, a single parent on social assistance with children, single adults, and seniors.

"When families cannot afford the quality or amount of food they need to stay healthy, they are food insecure," said Tsang. "Many families do not have enough money left over to buy healthy food after paying for rent and utilities."

The comparison of household incomes and expenses for each scenario includes monthly income, average monthly rent, and percentage of income required for rent, cost of nutritious food basket and percentage of income required to purchase healthy food, and money remaining for other basic needs.

Some of the report's other findings include that 25.9 per cent of households living in rental housing are food insecure. Only 20 per cent of those that are food insecure use food banks or food charity programs. As many as 63.1 per cent of Canadians relying on social assistance were food insecure.

It has been more than 20 years since Ontario has made major changes to social assistance programs.



140 Good Food Boxes packed in February

Haliburton Rotarians Chuck Wheeler, from left, Ursula Devolin, Steve Roberts, and Aaron Hill help pack 140 bags for the Good Food Box program at the AJ LaRue Arena on Thursday, Feb. 16. The program provides bags of fresh fruit and vegetables once a month that are delivered across the county. /DAVID ZILSTRA Staff



Rotarians carry in bags of potatoes into the AJ LaRue Arena to get ready to put together the Good Food Boxes.

County, townships tackle climate change

JAMES MATTHEWS

Local Journalism Initiative Reporter

Highlands East's greenhouse gas emissions have increased by two per cent.

Korey McKay, Haliburton County's climate change coordinator, updated Highlands East council Feb. 14 about the progress made countywide to address climate change.

She said emissions in Highlands East have increased by two per cent since the baseline year of 2018. There was a significant decrease in emissions in 2020 and 2021 because of the COVID-19 pandemic shutdown.

"So they don't necessarily represent long-term trends," McKay said.

The region is already experiencing the impacts of climate change. There's been more extreme precipitation events with longer dry spells in between. There's more extreme storms, including ice storms and thunderstorms.

Future climate projections indicate that these impacts will become more frequent and intense over the coming decades.

According to a county progress report provided to town council, adapting to extreme weather, protecting natural assets, and reducing greenhouse gas emissions will improve community health and wellbeing. It will generate job opportunities, decrease energy costs, and avoid long-term costs from future damage from climate impacts.

The county and its four lower tier

municipalities are working on a three-phased climate change planning process.

A corporate climate change mitigation plan was approved in 2020. It's part of an effort to reduce greenhouse gas emissions from municipal operations. Electric vehicle charging stations have been installed in all communities, and townships have also adopted green fleet policies.

Corporate climate change adaptation by each municipality's council includes work to map flood plains and communication efforts on water levels and the presence of invasive species.

Much headway has been made toward altering behaviour to be more climate friendly.

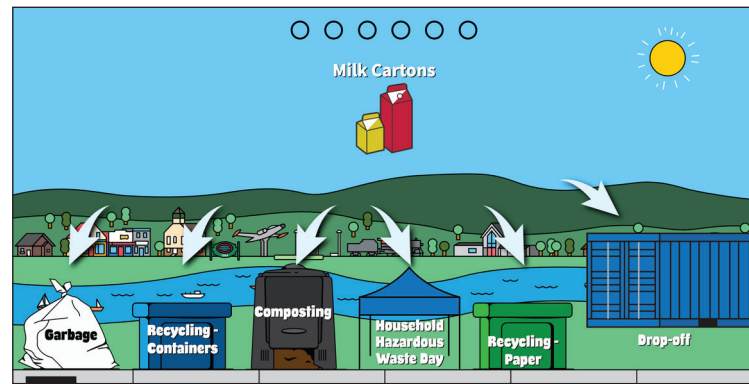
The county and each municipality partnered with the Ivy Network to install five Level 2 charging stations in the community with 10 spots to plug in.

Algonquin Highlands, Dysart and Minden Hills conducted FoodCycler pilot programs which provided an in-home composting alternative for 300 households.

Dysart, Highlands East and Minden Hills continue to sell backyard composters to residents.

The county and local municipalities have completed LED lighting upgrades and incorporated energy efficiency measures such as added insulation at municipal buildings.

"We have completed lots of community engagement," she said, through advisory groups, reaching out to residents, and liaising with other organizations working on climate change in some form.



Are you a waste wizard? Put your knowledge to the test by playing the Municipality of Dysart et al's new waste sorting game! Visit www.dysartetal.ca/wastegame to play the free, interactive game.

Dysart launches interactive waste sorting game

JAMES MATTHEWS

Local Journalism Initiative Reporter

Dysart has found a fun way to promote sorting trash for proper recycling.

The township received a grant from the Carton Council of Canada to start a public awareness initiative. The campaign, which is to be implemented this spring, was themed Recycling is Easy by the carton council.

John Watson, the town's environmental manager, told council Feb. 14 that one of the initiatives in that campaign was to implement an interactive digital waste sorting game. The game was developed by ReCollect Systems, the company that developed Dysart's waste wizard on the municipal website and Haliburton County's website.

Users test their waste sorting knowledge by dragging the more than 110 items

into the correct bin. The receptacles are for household hazardous waste, recycling for paper, recycling for containers, garbage, and composting.

After players complete each level of the game, they can add something to a digital outdoor park. Participants can print a certificate of achievement after finishing the game's fifth level.

"If you notice in the background of the game, you can see some local landmarks as well," Watson said.

Players are anonymous. But Watson says he can glean from game statistics such information as which materials residents were getting incorrect. And, he said, that will lead to enhanced public education campaigns for those materials indications show the public is uncertain.

"It's a really good exercise for students, for sure," said Mayor Murray Fearrey.

The game can be accessed at dysarteyal.ca/wastewizard.

HE construction values rise drastically during pandemic

JAMES MATTHEWS

Local Journalism Initiative Reporter

Building activity has remained consistent in Highlands East since 2013.

Tracy Evans, the Building Department's administrative assistant, told town council when it met Feb. 14 that building permits has been steady through those years.

Construction values have increased year over year with 2021 and 2022 being the greatest.

"We seem to be moving in that direction," she said.

Because of the COVID-19 pandemic and subsequent shutdown when much activity shut down worldwide, the Municipal Property Assessment Corporation has been using 2016 figures to value properties.

The values assigned by the corporation are what's used to calculate municipal tax levies and such.

Deputy Mayor Cecil Ryall asked if the money from the town's construction figures are based on the 2016 MPAC estimate values.

"Because it looked like it took one wallop of a jump," he said. "And then it's kind of stayed where it is."

Indeed, Highlands East tallied its construction value in 2020 at \$12.1 million.

And then, just a year later, the value jumps to \$42.9 million in 2021 and \$39.2 million in 2022.

"If it based on 2016, would we have any idea what will happen when they (MPAC) move that up?" Ryall said.

Evans said the values are based on 2016 assessments. But the construction value is also calculated based on what is being built.

"If you're building a new dwelling, that has a higher construction value than someone who is possibly putting on a deck," she said.

Because of the pandemic and its required social distancing, Evans said many seasonal cottage residents moved into the area fulltime.

"And they've been renovating their houses to become fulltime residences, which then adds a higher construction value when we do the MPAC assessments," she said.

Ryall suggested that, if the construction values were to be based on 2023 assessment numbers, then the tally would be a "holy-doodle" amount. Perhaps that's unfair from a taxation standpoint, he said.

"A new build is going to be based on 2023 value, whereas my house will be based on 2016 (assessment)," Ryall said.

Evans said supplemental tax bills are issued when somebody is going through the building process.

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'Once a Hawk, always a Hawk'

VIVIAN COLLINGS

Editor

The saying at the corner of the hallway across from the main office in Haliburton Highlands Secondary School rings true for principal Jenn Mills and vice principal Martin Gage.

Both are graduates of HHSS, and the Red Hawks alumni have taken their new positions by the talons to lead the school to be an inclusive environment full of opportunities.

"We want to reach everyone, and we want everyone that comes through these doors to feel connected to the school, not just in academics, but in other ways, too," said Mills. "We want the students' mental health, wellbeing, and sense of belonging to be a top priority."

Since transitioning from vice principal to principal when Chris Boulay took a position with the Trillium Lakelands District School Board, Mills has put a strong emphasis on "school life", which was her favourite part of attending HHSS as a teenager.

Although some things have changed since she walked the halls lined with red lockers and encouraging quotes, the benefits of extracurriculars have not.

"My main message to students is to find a way to get involved. It helps you meet more people outside your social groups and you get to know the staff in a different environment. And this hasn't changed," she said. "My favourite part of HHSS as a teenager was being involved in school life, being on sports teams, getting involved in activities or school events, and creating lasting friendships."

In addition to academics, students can choose to be part of plenty of different clubs, sports, or social activities, all run by staff members who volunteer their time or the students themselves.

The school offers Interact, eco, math, chess, knitting, and book clubs as well as intramural and team sports.

Events like school dances and spirit days have returned.

To address students' mental health, the school's counselor Nichole Fielder and other staff members are launching the Self Care Crew and have created a safe space for students to spend time in and learn about wellness.

"We couldn't do any of it without the amazing staff here," Mills said.

The energy at the school is palpable. For the staff at HHSS, teaching isn't just a job, which, in turn, broadens the definition of being a student at the school.

"Our staff put so much into volunteering extra time to create opportunities outside the classroom. I think the kids notice it," she said.

It helps to forge new relationships between staff and



HHSS alumni, Jenn Mills and Martin Gage, are the new principal and vice principal of the school and aim to create inclusive opportunities for all students. /VIVIAN COLLINGS Staff

students built on mutual respect.

"They don't just see them as their teachers. That's the goal, to have a culture of inclusivity among everyone at the school," Mills said.

Although she didn't know how her career would play out at the time, the HHSS alumna had teaching at the back of her mind since walking across the stage at graduation.

After receiving her undergraduate and master's degree, Mill's plan was to get her doctorate to become a professor, but the highlands were calling her back.

"My husband and I both wanted to come back to Haliburton County to raise a family and be closer to our families, so I took the path to teacher's college, and I am so glad I did. I love this community," she said.

It was the same for Gage, who has lived in Haliburton since age 11.

He worked as a teacher in Haliburton County from 2008 until 2017, and then took a position as vice principal of Bobcaygeon Public School, transitioning to Adult and Alternate Learning Education, and then working at Fenelon Falls Secondary School before returning home.

"The position of vice principal wasn't something I always wanted, but is something I grew to want. The most rewarding part is getting to work with the many amazing students I have met over the years, and watching them grow into young adults," Gage said.

Mills said Gage has been an integral part of the team. Both are excited for the future of the school and to con-

tinue providing more opportunities for students that they will take with them for their entire lives.

"We'll create the spaces, the clubs and the activities when students ask. That's why I love it here so much. The energy in this school in both the staff and students is so welcoming, fun, and inviting," Mills said.

Haliburton BIA is ready for a new year

VIVIAN COLLINGS

Editor

Board members of the Haliburton Business Improvement Area (BIA) met on Thursday, Feb. 9 for their AGM and celebrated the return of nearly all their signature events in 2022.

2022 was Luke Schell's final year on the board following his retirement from Haliburton Framing and Photo. He stepped down as chair at the meeting after more than 20 years on the executive.

"This committee is just a joy to belong to. Every meeting we work closer towards the vision that we all have," Schell said at the end of the chair's address during the AGM. "It's just been a phenomenal committee to belong to and one of the greatest joys of my life, honest to goodness. Thank you all so much for the years that I spend with you at these tables."

Ward 1 Councillor Pat Casey gave an address on behalf of Dysart council and thanked Schell for his years of commitment to the BIA.

"Dysart council thanks Luke for being chairman of the BIA for so many years, and thanks for your accomplishment, your time put in, and your ideas and dedication. We collectively thank you for your work and best of luck to you," said Casey.

The committee highlighted all initiatives and events that took place in 2022 when most hadn't happened during the first two years of the COVID-19 pandemic.

"I think the only event that didn't run was Frost Fest, but other than that we had all our events. We had Midnight Madness, ColourFest, the Santa Claus Parade, Ladies' Shopping Night. All were great events with large turnouts," Schell said.

The committee looks forward to a year filled with some new projects in addition to their well-loved events.

With Schell and Brad Park stepping down from the board, Nelly Ashworth re-joined as treasurer and Andria Cowan-Molyneaux was welcomed as a first time member.

David Zilstra took over as chair and Brandon Nimigon as vice chair.

"It's just an amazing community to be involved in an organizational manner that everybody in this room is right now. It's amazing to have been part of it for me," Schell said.



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Coliving group sets up on Little Hawk Lake

JAMES MATTHEWS

Local Journalism Initiative Reporter

A band of newcomers to Haliburton County has found a way to make a luxury resort and marina soften some of the financial pressure in these difficult economic times.

Communal living isn't really a new concept. Coliving is much like that, but with a little privacy to boot.

According to the website, Oakview Coliving promotes personal and environmental health, affordability and sustainability, while offering a chance to live in community. It's expected to open in June.

It's at the site for the former Oakview Lodge and Marina, which began in 1943 on Little Hawk Lake in Algonquin Highlands.

Large rooms are outfitted with ensuite bathrooms, and there's 4,000 square feet of common space. A central room has a large wood fire place. There's another brace of multi-purpose rooms, one of which is being equipped to be an exercise room.

"It really is a very large, roomy, comfortable complex that happens to have some private spaces within it," said Doug Tindal, one of the original seven people who started the venture.

Food is shared and meals are prepared and eaten together. With the Bank of Canada pushing homeowner mortgages closer to unaffordability and inflation upwards of eight per cent at its peak, the more wallets supporting a cause eases some of the pressure.

Some of the group have been working at the coliving since 2016 when they first tried to make a go of it in Toronto, but it couldn't be done.

"The costs were too steep," Tindal said.

Barriers like zoning bylaws were bothersome and too difficult to get around.

"We couldn't gather a large enough group with enough financial commitment to make it happen," he said.

So they gave up on their idea.

"It was a good try, but we're not going to be the ones to make this happen," Tindal said of the group's resigning to defeat. But then a trip to Haliburton County and a chance meeting with another couple resurrected the idea.

Tindal and his wife have a son and daughter-in-law who live in Haliburton County. They've recently taken to



Grethe Jensen, Doug and Mardi Tindal, Ted Addie, Hillary Arnold, Greg Hebert, and Anna Schmiegel on Zoom are optimistic about their coliving arrangement, and are welcoming others to explore this initiative as well. /EMILY STONEHOUSE staff

spending a lot of time out of the city, Tindal said.

"We spent some time in Haliburton County and we very quickly came to love it," he said. So they started the search for a property to buy.

The search brought them to another couple interested in the idea. After a conversation that felt much like speaking with old friends, the core group of seven people that would start Oakview came together.

Those seven have committed to buying four of seven shares in the coliving property.

"That was enough, we determined, for us to go for-

ward," Tindal said. "We still have three shares available and we're still looking for others who might want to be part of it, but we're going ahead regardless and creating Oakview Coliving."

For more information, visit www.oakviewcoliving.com.

OPP warn against falling for romance frauds

The OPP and our law enforcement partners continue to see the devastating effects associated to romances frauds, from financial losses to significant mental health trauma.

According to the Canadian Anti-Fraud Centre (CAFC), Canadian romance fraud victims reported losing over \$59 million to fraudsters in 2022. Ontario victims represented over \$20 million of those losses.

In 2022, the CAFC received fraud reports totaling a staggering \$530 million in victim losses. This was nearly a 40 per cent increase from the 2021, unprecedented \$380 million in losses. It is estimated that only five to 10 per cent of victims report scams and frauds to the CAFC or law enforcement.

What is a romance scam?

Romance fraudsters prey on victims looking for a partner, companion or love interest. In this digital world, scammers use technology to convince victims to enter into a virtual or online relationship, to gain a victims' trust and affection. This can occur through: e-mail messages, popular encrypted chat applications, online chat groups, fake profiles on social media, dating sites or even through online platforms where likeminded people hangout online.

A new trend has the fraudsters sending random text messages to victims. The messages often read, "Where are you? Where have you been?" or something similar. Once the victim responds, a conversation is started, and the fraudster attempts to build a relationship with the victim.

Eventually the scammer asks for money for travel, a medical emergency or assistance with a family emergency or convince the victim to invest into a fraudulent

cryptocurrency platform. Remember...there is always urgency and associated drama like an old soap opera. The scammers might also ask you to receive money and transfer the funds elsewhere, or purchase items and send them to foreign countries. The scammer always makes excuses for not being able to meet in person, travel to see you, or use video conferencing to talk. Remember if it seems too good to be true, it often is!

How to protect yourself?

Don't give out your personal information (name, address, DOB, SIN, banking credentials).

Don't accept friend requests from people you do not know.

Don't invest your money in platforms provided by people you don't know.

Be careful who you share images with. Suspects will often use explicit pictures to extort victims into sending more money.

Protect your online accounts.

Never send money to someone you haven't met.

Don't respond to text messages from phone numbers you do not recognize.

Learn more tips and tricks for protecting yourself.

If you fall victim to a fraud or know someone who has, contact your local police service to report the crime and also report it to the CAFC at 1-888-495-8501 or online on the Fraud Reporting System (FRS), even if a financial loss did not occur.

Submitted by Ontario Provincial Police

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Forever in our memories: Creighton Feir

Ahead by a century

ALTHOUGH WHAT we see outside our windows right now is similar to looking through a monochromatic filter, Haliburton's recently been going green in another way.

We have some really refreshing environmental initiatives happening right now; ones that make the act of being conscious of what we consume enjoyable.

We've all been told countless times to reduce, reuse, and recycle, (at elementary school, we had a song about the 3 Rs play through the PA system once a week), but SIRCH is adding another important R to the list: repair.

I attended SIRCH's Repair Cafe last weekend to volunteer and see how it was run. This was their first one post-COVID-19 pandemic.

I missed the launch in 2020. Their second and last cafe due to the pandemic welcomed almost 100 people eager to have something of theirs fixed before throwing it away.

I had heard really amazing things about the energy in the room during this initiative, but as a visual learner, I was eager to experience it first hand.

When I walked in SIRCH's Bistro the morning of the Repair Cafe, I definitely wasn't disappointed.

Nineteen enthusiastic volunteers welcomed over 60 guests within just a few hours.

These guests brought in items like unusable vacuum cleaners, lamps that wouldn't turn on, figurines in pieces, textiles in need of mending, and much more.

There were multiple "fixer" stations set up, each equipped with a bell to be rung when an item was fixed.

Every time a bell rang, everyone in the Bistro would clap and cheer; celebrating another item being diverted from the landfill and to congratulate the "fixer" for a successful repair.

I really love this model of repairing for many reasons.

Sure, we could easily drop our broken items off to our handy neighbour to fix for us and pick up later, but this model encourages connection.

Each guest had an active role in the repairing of their item.

They would sit down with their fixer to help when needed, understand why their item wasn't working, and in some cases even learn how to fix it themselves in the future.

Even if an item couldn't be fixed at the end of the day, guests could feel better about discarding it, knowing they tried everything they could to fix it.

And the energy there was nothing like what I had imagined.

Everyone was beyond happy to be there.

Repair Cafes actually originated in Europe less than 20 years ago. They aren't very common in Ontario yet, but I wouldn't be surprised if they become a mainstream initiative within the next couple of decades.

I think they should be a regular, essential part of every community.

We should all be celebrating each others successes just like that, and the "reuse" part of the three Rs should include fixable items that are broken.

Around the same time that SIRCH brought this initiative back, the Municipality of Dysart launched a new Waste Sorting Game.

"The game is a fun way to encourage everyone to recycle right, which in turn makes our waste management programs more effective by capturing correct items for recycling, decreasing contamination, and reducing costs," said John Watson, Dysart's environmental manager.

These programs are making sustainability fun, just as it should be. With programs like this, Haliburton is setting a great example for other communities, which makes me really proud to live here.



vivian collings

Editorial



The remains of a barbed wire fence on an old West Guilford farm. /DAVID ZILSTRA Staff

A different perspective

APPEARANCES, THEY say, can be deceiving. So while Simon appeared to be snoozing by the window, he was in fact listening to what was going on in the other room. Jim was talking on the phone to his neighbour Monika, and to Simon, it sounded as though the two were planning a trip. And anything that might impact mealtime was always of interest to Simon.

In the winter, meals were the main highlight of Simon's day. In the summer, he was outside most of the time. While yes – he did often snooze on his favourite rock by the pond. But he also managed to snag the odd frog, chipmunk and even the occasional finch. Of course if he was caught in the act, Jim would throw a fit and try to banish him from the yard.

However that never worked because as soon as Jim's back was turned, Simon would return. He knew Jim would forgive and forget quickly, so he'd leisurely stroll back, pausing at the flower bed to check Jim's reaction, if any. Then he'd choose a different spot, perhaps under the trailing willow branches or amongst the raspberry canes. Anything that rustled, hummed or chirped got his immediate attention. Often these encounters ended in a nice snack.

But winter was different. Simon became an indoor cat during those dark, cold months. Sure sometimes he'd get a little curious about what lay on the other side of the patio doors. Who could blame him? It did get boring looking at the same human face and the same furniture. Thank goodness for the table in front of the den window. Actually it was the heater under the window that made winter bearable. Simon could see up and down the road from this vantage point while being pleasantly warm at the same time.

The problem was by now even the window spot was starting to lose some of its appeal. I mean, how

much looking and snoozing can any cat take? Simon considered himself a bit of an athlete the rest of the year. He could scale a tree in a flash, race through the golden rod in pursuit of a butterfly and box with the neighbour's dog without even working up a sweat. So by now he was feeling restless.

He tried different things to ease the boredom and lack of activity. Jim had been kind enough to buy him a scratching post and while it was hardly a fence or tree trunk, it would do in December and January. But now Simon wanted more. So sometimes he walked up to the patio doors and looked out at all the white.

And it always seemed that Jim would immediately ask him if he wanted to go out. Jim would even open the door a few inches, as though to entice Simon to take the plunge. Not a chance, Simon would think. But truth be told, he did like to tease Jim a bit by going right up to the cracked door and sniffing the air. Jim would get all excited and think Simon was actually going to venture out into the wintery landscape. No way, Simon would chuckle to himself before backing away.

Simon watched as Jim pulled on his outdoor clothes. There was a knock on the door and Monika stood there, dressed much like Jim. Then Simon heard the word "hike." "Hike" always ended with Jim returning and making himself something to eat. When that happened, Simon made a big fuss over Jim resulting in a few treats from the bag kept above the kitchen counter.

Then Simon would go back to the table by the window, stretch out to get the full benefit of the heat and have a nap. Usually he dreamed about the summer, the pond and the annoying neighbour's dog. It would be here soon enough, he told himself as he drifted off.

Down



sharon lynch

Our road

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points of view

AI, oh my

Full disclosure: I'm not a person who is fully up to date on the latest tech trends – if I recall correctly, I got as far as the abacus. So, you'll have to excuse me if I am missing a few vital pieces of information on the latest high-tech trend that seems to be making headlines these days.

I'm talking about artificial intelligence.

At first when I saw all the headlines, I naturally assumed they were referring to me. But then, after delving further, I realized the tech writers were merely letting us know that we have entered the early days of the coming apocalypse, when the machines violently rise up against us – just like my bread maker did last week, but worse.

Apparently, if the tech writers are correct, we are on the cusp of something big. They are hinting at a great technological leap in which we can ask computers to write things for us, to doctor up photos for us, to figure out complicated problems for us, to design things for us, and to even find partners for us.

What could possibly go wrong? I routinely get into heated arguments with Siri.

And, between us, I cannot properly run a toaster.

Oh sure, I try. But in the end I just eat my bread very, very, very, very lightly toasted. And, believe me, it's not bread from a bread maker either. I lost that battle long ago.

With that in mind, you can imagine my concern about having to deal with yet another inanimate object that is way, way smarter than me. (I once lost a



steve
galea

Loon Tales

checkers game to a Bobble-head.)

Apparently, you can already get an AI program to write essays and reports and even – God forbid – columns like this for you. And the worst part is you would have no way of knowing if this happened either, until you suddenly noticed that the quality of this column got noticeably better.

The worse part is, I'm fairly certain the program would negotiate a better rate.

I'm not going to get all bent out of shape with this sudden leap in technology, but I do think it is only prudent to prepare ourselves for the worst – the rise of the machines.

Around this place, I have started taking a few simple precautions to ease the tension between me and the machines I offend the most. This morning, for instance, I apologized to the toilet.

I am also trying to let other machines in my house understand that we can all get along and there is no need to rise up against me.

I can be useful. They're going to need someone to plug them in and then gently break the news to them that they are soon going to be replaced by newer technology.

The point I am trying to make here – and not just to my computer and coffee maker – is that we can all get along. The machines don't need to prove how superior they are by controlling us and making us devote every waking hour to them. My cell phone already does that.

Also, I think every time we have an interaction with a computer from here on in, they should have to prove they are not a robot by telling us how many stop lights are in the photo. It's only fair.

We can get along. Everything will be just fine. There's no need to worry.

(Get rid of your Roomba before it is too late.)



pic of the past

Gordon Sipe of Haliburton (1900-1979) is posed with his shotgun outside the Sipe home on Mountain Str., circa 1910. The house was likely built by his father, Haliburton carpenter Ferdinand Sipe. In those far off days boys had responsible access to sporting guns & were well versed in their safe handling for hunting, varmint control, and target shooting. The Sipe house still stands, beside St. George's Anglican Church. /Submitted by the Haliburton Highlands Museum

letters to the editor

Paying for the services we need

To the Editor,

When parents don't have enough to eat, they will often go hungry to be able to feed their children.

Our governments have done the opposite, cutting taxes, starving infrastructure and increasing debt.

With roads unrepaired, health care and education underfunded, it is obvious that neither provincial nor local government can afford to provide

the services needed.

None of us like to pay taxes, but it's time we accept the fairness of paying for the services we need.

When Harper dropped the GST by 2 per cent, he left room for the provinces to raise the revenue needed.

Paul Zalan,
Minden

Be the bridge

Despite the return to packed arenas and auditoriums, and the shiny curated media feeds of our peers, many of us are feeling more alone than ever. It turns out the end of physical isolation didn't result in a return to normal, with compounded traumas, untreated anxiety, and increasing socioeconomic divides leaving many people feeling like they're stranded on an island without a bridge.

Youth in Ontario have been disproportionately impacted by mental health challenges and barriers to treatment. Evaluators at Point in Time Centre for Children, Youth and Parents have found youth are experiencing higher clinical distress rates than ever before. A spring 2022 survey by the Centre for Addiction and Mental Health found the majority of Ontario students were feeling depressed about the future because of the pandemic. That's a lot of kids – and a lot of caregivers!

Many would argue that it wouldn't be normal for us not to be anxious about the state of our surroundings; that heightened stresses are a perfectly natural response to a destabilizing social environment.

But that is all the more reason to know that you are not alone.

If you feel reluctant to reach out, remember that support and dialogue may mean different things to different people. There are more

formal supports (caregiver support groups, clinical services, Quick Access Clinics) and informal supports (support from another caregiver, co-worker, or friend) and a spectrum in between. Many of us are in the rather painful process of re-defining what our support networks mean. There is no one size fits all, so keep searching if you're not happy with what you've found.

It's important to remember that turning to others is a sign of strength, not of weakness; and that amazing things can happen when we get out of our own way. Nurturing a friend or family member contributes to nurturing a neighbourhood, and without even knowing it, you can be that bridge too – simply by speaking and listening with an open heart with someone you trust. A helping hand for another caregiver, child, friend, or co-worker. Talking may not solve our loneliness crisis, but it is often the first brick in building the bridge.

If you are a caregiver or youth in need of support, you can call Point in Time offices at 705-457-5345 or email info@pointintime.ca to make a Quick Access appointment. The process is quick, easy, and confidential.

Submitted by Point in Time Centre
for Children, Youth and Parents



Olivia Gruppe placed sixth in the COSSA junior girls division at the meet on Tuesday, Feb. 14. /KAREN GERVAIS Special to the Echo



Ella Gervais skis to a fifth place finish in the junior girls division at the COSSA Nordic ski meet.

HHSS Nordic skiers head to OFSAA

KAREN GERVAIS

Special to the Echo

After a stressful scramble to move our COSSA meet to Tuesday to escape the rainy and warm Wednesday weather forecast, the Haliburton Highlands Nordic Ski team continued to impress on the snow.

Our junior girls team brought home COSSA gold, with Violet Humphries leading the Hawks in second, completing the 5k course in 17:03. Erika Hoare followed in fourth, Ella Gervais fifth, Olivia Gruppe sixth and Grace Allder eighth. The junior girls team of Violet, Erika, Ella and Olivia raced an impressive short course relay in the afternoon, beating out even the junior boys teams to finish the 4x900m race in 12:44.8 on slow and melting snow.

The coaches were also really impressed

with new skiers Hannah Sharp, Teagan Hamilton and Haiden Bird, who took a leap to compete in the 5k competitive division after just beginning to ski this year. This was twice the distance they had raced previously. Haiden Bird finished sixth in junior boys and Hannah was ninth and Teagan 11th in junior girls. All the athletes have shown marked improvement in times with technique coming together and seeing the results of conditioning work.

In the senior girls 7k race, Olivia Humphries skied to a fast second place finish, completing the course in 24:07.5 only 0.8 seconds behind the leader from St. Peter, a skier who skis regularly for a competitive club and is a year older than Humphries.

All of our skiers have qualified for the OFSAA Nordic Championships. The individual distance races will be held at Lakefield on the 23rd and the spring relays at Kawartha Nordic on Feb. 24.



Haiden Bird skis in the COSSA junior boys division and places sixth on Tuesday, Feb. 14.



Hawks wrestle their way to COSSA

Aurora Wesley, bottom, placed third in her weight class during the wrestling COSSA Seeding Tournament held at HHSS on Wednesday, Feb. 15. The school hosted over 140 athletes from 15 Central Ontario Secondary School Association (COSSA) schools, and the HHSS team will head to the COSSA Wrestling Championships held at Bayside Secondary School in Quinte West on Thursday, Feb. 23. /VIVIAN COLLINGS Staff



Haliburton Highlands Secondary School wrestler Jordanna Jennings, left, received bronze in her weight class.



Sadie Evan-Fockler, left, shakes her opponent's hand during the wrestling tournament.



HHSS competitors hug Jordanna Jennings after she wins her match.

Feed your body and your soul

RICK WHITTEKER

Special to the Echo

No one expects to be nearly run over by a deer while skiing.

While enjoying the peacefulness of a morning ski, I caught movement out of the corner of my eye. When I turned my head, what I saw stopped me in my tracks! An adult deer was vigorously bounding through the deep snow with a wolf in hot pursuit. Less than five meters away, the deer made a sharp turn across the trail right in front of me. The wolf hit the brakes, both front legs locked out straight. Whoosh! The wolf quickly pivoted and ran off. All this happened over the span of about five seconds: a front row seat to a predator/prey drama.

Not all my cross-country ski days give me this kind of adrenaline rush. More commonly, my ski days include a combination of exhilaration, relaxation and fatigue wrapped up into a nice one-hour package of winter joy. The joy flows from staying warm on a cold winters' day through physical effort: one of the most gratifying feelings I know.

Learning to Nordic ski is different for everyone. Some pick up the rhythm of kicking and gliding easily and off they go, cruising along with just a few pointers to help improve their technique. Experience with downhill skiing often helps.

Others discover that cross country skiing is a difficult to learn, finding it unsettling just to stand on the skis. Forward momentum is achieved with a staccato-like dependence on their ski poles, using them like crutches. Falling and untangling occupy most of the first hour of their lesson. If this rings true for you, I get it, it takes time and patience to get past these early challenges, however, I encourage you to persevere. It is worth it!

In Haliburton County, there are many first-rate locations to enjoy Nordic skiing for all levels of skill. You can ski wherever there is an open trail, but, for all beginners, a groomed trail is the best surface to learn on. The following list of groomed trails have a fee to ski. This fee offsets the cost of the equipment and fuel needed to groom, trail insurance, signage, and other costs associated with managing groomed ski trails.

The following three trail systems are managed by the Haliburton Highlands Nordic Trail Association (HHNTA), a great organization run by volunteers dedicated to promoting Nordic skiing in Haliburton County. All trails provide good directional signs and short-cut options.

Glebe Park: 13.5 kilometres of skate and classic groomed trails. Glebe also has a 1.5 kilometre lit loop: a novel way to enjoy a winter evening. This trail system includes a large, flat area to practice technique. Beyond the flats the trails can be challenging and technical. Just outside Haliburton at the end of Museum Road off Highway 118.

Moosewoods: 12.5 kilometres of skate and classic. Beginner to intermediate. Wonderful, rolling terrain. Located on County Road 14 on the way to Eagle Lake.

Twin Lakes: 5.5 kilometres of skate and classic. Beginner to intermediate. You can ski with your dog here. It is on Twelve Mile Lake Road off Highway 35 between Minden and Carnarvon.

The HHNTA also runs the popular Jackrabbit/Track Attack lessons, a wonderful community ski program for kids and youth run exclusively by volunteers. Radiant energy envelopes Saturday afternoons at Glebe Park as over 70 kids, many dedicated parents and volunteer coaches gather for a lesson geared to the age and skill level of the young skiers.

Other trail systems include:

The Frost Centre Trails: 22 kilometres of classic trails only. Genuine wilderness feel to these trails. South of Dorset across the highway from The Frost Centre on Highway 35.

Killara Station: 12.5 kilometres of multiuse trails. This trail, on private property, allows skijoring. On Gelert Road near Lochlin.

Silent Lake Provincial Park: 34 kilometres of classic trails only. Off Highway 28 in south-east Haliburton County.



A blissful day on the trails. /Photo by Thom Lambert



A dedicated team of volunteer groomers keep the trails in great shape. /RICK WHITTEKER Special to Echo

Camp Wanakita: 24 kilometers of classic trails only. HHNTA ski pass accepted. Check in with the camp office before skiing. At the end of Koshlong Lake Road off Gelert Road at Donald.

It is always best to check on trail conditions before visiting any of the trail destinations above.

This tallies up to over 100 kilometres of groomed trails in the county. Gear can be rented at Algonquin Outfitters in Haliburton and at the Haliburton Water Trails office at the Frost Centre. Lessons are available with Yours Outdoors, through the Ski Like a Canadian program (full disclosure, I work for YO). Used gear can often be found at thrift stores and sometimes on the Ski Haliburton Nordic Facebook page. New gear is sold at Algonquin Outfitters and Delancey Sports in Haliburton.

Although winter may become an “endangered species,” many of these trails are maintained in the off season. Rough sections are flattened out and wet spots are repaired so that, with just a little snow, the trails can be opened.

Hopefully, you will not be run over by a deer on the trail, but you can still experience the exhilaration of self-propelled winter travel on well-maintained trails. Start off slow, bring a friend and a thermos of hot drinks. Move through nature at your own pace and enjoy the invigorating sensation of cold, fresh air filling your lungs, feeding your body and your soul.



Notice (Applicant - CRUMP/CAMPBELL-CRUMP)

In the matter of the Municipal Act and in the matter of a proposed By-Law of the Corporation of the Municipality of Highlands East to close, stop-up and convey certain portions of Part of the Original Shore Road Allowance for road along the shore of **Buckskin Lake**, more particularly hereinafter described.

Notice Is Hereby Given, pursuant to the Municipal Act, S.O. 2001, and the Municipal Procedures, that the Township Council of The Corporation of the Municipality of Highlands East proposes to consider and if deemed advisable, to pass at a virtual meeting on **Tuesday, March 14, 2023**, at 9:00 a.m., a By-Law to close, stop-up and convey to the adjacent land owners the following described lands:

Part of the Original Shore Road Allowance in front of Lot 32, Concession 7, Township of Monmouth, Municipality of Highlands East, County of Haliburton, shown as Part 1 on Plan of Survey 19R-10706, made by **Bishop Geyer Surveying Inc., completed September 10, 2021.**

The Plan of Survey is available to you for inspection by you making an appointment at the Municipality of Highlands East offices, Wilberforce, Ontario.

The above described lands, by resolution, have been declared to be surplus. If you wish to attend the virtual meeting, please call or e-mail the Municipal Clerk prior to the day of the public meeting so you can be provided with a link or phone number for the meeting. If you do not have the capability to attend a virtual meeting, please provide written comments to the Municipal Clerk prior to the public meeting.

Any person or his or her counsel, solicitor or agent who attends the virtual meeting shall be afforded an opportunity to make representations in respect of the within matter.

And Take Further Notice that if the public wishes to participate regarding the purchase of Part of the Shore Road Allowance please contact the Municipal Clerk.

Dated at the Municipality of Highlands East, Wilberforce, Ontario this 21st day of February, 2023.

Robyn Rogers, Municipal Clerk
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CLUES ACROSS

1. Half-conscious states

8. Unnatural

13. Deep regret

14. Rogue

15. Taken without permission

19. An alternative

20. After B

21. Partner to flowed

22. Weekday

23. Body part

24. World's longest river

25. One of the Greats

26. Make clean

30. C. Canada indigenous peoples

31. Japanese seaport

32. Most unclothed

33. Small grouper fish

34. Soluble ribonucleic acid

35. Distinguishing sound

38. French realist painter

39. Popular beer brand

40. Views

44. God depicted as a bull

45. Relieve

46. Residue after burning

47. Habitation

48. Poe's middle name

49. Japanese title

50. TV series installation (abbr.)

51. Beloved country singer

55. Single unit

57. Genuine

58. Develop

59. Traveled through the snow
3. Current unit

4. Neither

5. Corporate exec (abbr.)

6. Second sight

7. The absence of mental stress

8. Supplemented with difficulty

9. Stop for good

10. College dorm worker

11. Bones

12. Most supernatural

16. Spanish island

17. Unlimited

18. Where golfers begin

22. No charge

25. Print errors

27. Professional drivers

28. Kiss box set

29. Short, fine fibers

30. Administers punishment

32. Czech city

34. Normal or sound powers of mind

35. The academic world

36. Crustacean

37. Currency

38. Pastoral people of Tanzania or Kenya

40. Cloth spread over a coffin

41. Grouped together

42. On land

43. Glistened

45. A type of extension

48. One who assists

51. College sports conference

52. Zero

53. Midway between northeast and east

54. Type of screen

56. The 13th letter of the Greek alphabet

CLUES DOWN

1. Clues
2. Do again

Answers on page 12



Last month's refinished dresser was painted with a robin's egg blue. /Photo submitted

Home Hardware auctions refinished furniture for food bank

VIVIAN COLLINGS
Editor

A new initiative at Haliburton Home Hardware is transforming previously loved furniture into beautiful pieces to be auctioned off with the proceeds going to the Haliburton County Food Bank.

"It's a way for us to give back," said Kevin Dunlop, paint department supervisor at Haliburton Home Hardware.

After a successful social media silent auction in January for a refinished dresser, Haliburton Home Hardware has teamed up with Thrift Warehouse in Hali-

burton, who has agreed to donate a piece of antique furniture each month for the new project.

"It's a way for us to show some of the products, techniques, and materials while rescuing antique furniture and giving back to the community," Dunlop said.

Bidding for this month's dresser is taking place directly in the comments on a Facebook post on Haliburton Home Hardware and Appliance Store's page and will end Tuesday, Feb. 28 at 4 p.m.

"Visit us in store and join the demonstrations as we breath new life into this hundred year old mahogany beauty," read the Facebook post.



Kevin Dunlop, paint department supervisor at Haliburton Home Hardware, strips an antique dresser without harsh chemicals to be auctioned off on the store's Facebook page, with all proceeds going towards the Haliburton County Food Bank. /VIVIAN COLLINGS Staff

Chaga 101 – so mushroom to learn

EMILY STONEHOUSE

Staff Reporter

If you go down to the woods today, you're in for a big surprise! While it may look like a regular brown lump on a tree, the local forests are rampant with chaga this time of year. "With these past couple cold snaps, this is the best time for people to start really learning about chaga," said foraging and outdoors educator Stephan Lukacic.

While Lukacic shared that you can really spot chaga any time of year, the winter months are the best for harvesting, based on the quality of the mushroom. "This is the best time of year, because the trees and fungus are both dormant," he said, "plus, when it rains, you lose a lot of the benefits of chaga, as the benefits are water-soluble."

Lukacic lights up when he shares the knowledge he has garnered over the years. He established an interest in the topic a few years ago, but noted that there were not any hyper-focused workshops on chaga. Through a wealth of self-discovery and an abundance of research, he now teaches these courses right here in the Haliburton Highlands. "The best part is that there's always more to learn," he chuckled.

While Lukacic is adamant about getting the word out there about chaga, including a very active social media presence and contributions to Outdoor Canada magazine, his passion lies in teaching others about chaga. "I just love teaching," he said, "it's my favourite part of all of this."

Chaga is a unique mushroom that grows throughout the region, and can often be spotted on tree trunks, with a particular liking to birch trees. When consumed properly, it has been known to stimulate the immune system, and carry an abundance of antioxidants. While the medical background is not in-depth at this time, it has been given to patients with heart disease and cancer; garnering positive impacts.

In the program, Lukacic strives to dig into the nitty-gritty of chaga medicinal uses, health benefits, best practices for harvesting, the preparation of teas, and



Stephan Lukacic (@stevie_funfur on Instagram) is leading regular chaga courses based out of the Haliburton Highlands Museum for the duration of the winter months. /Photo submitted

more. "Sustainability is number one," Lukacic said, "I really want to educate people on ethical and sustainable practices."

The course is offered through Deep Roots Adventure, and hosted at the Haliburton Highlands Museum. "We are so lucky to add Chaga 101 to our roster of programs offered," said Corina Mansfield, owner and operator of Deep Roots, "there is so much to learn, and having it at the museum is great for everyone."

Lukacic agreed that the museum is a fantastic hub for community events. "It's super cozy, and fun to visit," he said. He noted that due to the options to work indoors or outdoors, the pace of the program can be dictated by the preferences of the group. "Sometimes we go outside to check out chaga on the trees, other times,

the group prefers to stay in and sip on a hot cup of chaga tea while we go through the course," he said. "It's totally up to whatever they want to do."

Chaga 101 (and then some) is running on alternating Sundays until the end of

March. To book your session, visit www.deeproots.ca. To learn more about chaga and the ins and outs of the course, you can follow Lukacic on social media @stevie_funfur.

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Municipality of Dysart et al
Notice of Proposed Sale of Municipal Land

Take notice that the Corporation of the Municipality of Dysart et al intends to pass a by-law to dispose of certain lands that have been declared as surplus described in Schedule "A" hereto.

And further notice that the purpose and effect of the proposed by-law is to authorize the sale of the said lands to Robert Lee and/or his assigns.

And further notice that any person wishing to comment on the proposed sale should submit such comments in writing to the Clerk at the address set out below on or before the 21st day of February 2023.

And further take notice that the proposed by-law will come before the Council of the Corporation of the Municipality of Dysart et al, at its regular meeting on the 28th day of February 2023.

Dated at Haliburton and published this 14th day of February 2023.
Mallory Bishop, Clerk mbishop@dysartetal.ca

Schedule "A"

Part Lot 6, Concession 10, further described as Part 1, RP 19R-7241 in the geographic township of Guilford (Klaxon Lake)

What does a public library board do?

CHRIS STEPHENSEN

Special to the Echo

The library staff and administration team at Haliburton County Public Library (HCPL) were excited to welcome our new, incoming library board in early January. These nine members include four appointed public members, four elected members from each municipality who also sit on County Council, and the Warden of Haliburton County, who sits as an ex officio member. At our first meeting on Jan. 11, a board chair and vice chair was nominated and chosen.

A warm welcome to the new Board members of the Haliburton County Public Library.

- David O'Brien (library board chair, Public Appointment)
- Lisa Schell (library board vice chair, deputy mayor of Minden Hills)
- Liz Daniels (county warden, ex officio member)
- Jennifer Dailloux (deputy mayor of Algonquin Highlands)
- Walt McKechnie (deputy mayor of Dysart et al)
- Cec Ryall (deputy mayor of Highlands East)
- Adele Espina (Public Appointment)
- Paul Petric (Public Appointment)
- Tim Casey (Public Appointment)

Library board members serve a four year term and attend a minimum of 10 meetings per year. Typically, we break from meeting in July and August. Such a board in Ontario is guided by the Public Libraries Act, R.S.O 1900, c. P44, which indicates that public libraries in our province must be operated under the management and control of a public library board. It's the legal authority providing governance, decision-making, accountability, policy creation and review, and it's also the board's role to oversee and monitor the library's performance. Put simply, while the library board doesn't exist to run the library, it ensures that the library is properly run.

Advocacy, fundraising, and the review and develop-

ment of library policies are some of the key areas the board may focus on through the year. Various working committees will be formed to address these important parts of library life, and our 2022-2027 Strategic Plan and the Annual Work Plan will help guide the progress. As well, the new board members will tour our library system's branches, approve financial statements once they're presented by the auditors, and review and approve regular and special reports, such as the annual Facilities Report. The board also reviews branch opening hours and the fees we charge, and it will confirm holiday closures. A substantial task is to discuss, draft, and approve the next years' budget, and this is usually started in September. The year wraps up by appraising the CEO's performance and completing a board evaluation, as the members provide feedback about the effectiveness of the board.

Over the course of the next nine board meetings this year, administrative library staff will make presentations explaining their role and providing updates in key areas such as collections, technology and systems, marketing and communications, or programming and outreach. As you can imagine, ongoing communication between a library's board, staff, and patrons is important to the functioning of a high-quality library service. Internal and external communications are something we spend a lot of time on. As we often say, there's not much point in putting effort into creating great library programs and services if community members aren't made aware of them! Another communication pipeline occurs between the library board and the local councils. In June, we'll publish the HCPL Annual Report. This will be a mid-year snapshot of our accomplishments thus far, and the board chair and library CEO will present this as a delegation to our four municipal councils, plus the county council. It's an opportunity to discuss library service publicly and answer questions the representatives may have about our operations or strategies.

Of course, Haliburton County Public Library doesn't operate as a standalone library system, even with its eight service points. We are members of several library organizations such as the Federation of Public Libraries (FOPL), the Administrators of Rural and Urban Public Libraries of Ontario (ARUPLO), the Ontario

Library Consortium (OLC), the Ontario Library Service (OLS), and the Ontario Library Association (OLA). These groups help provide organizational guidelines, staff training, board orientation, and so many other things that a busy library may be unable to tackle on their own. Memberships in library organizations help us advocate for public libraries and their funding at all levels of government, but they often increase our collective purchasing power for software and digital platforms that all libraries may use. It's the reason, for example, why a library of our size is able to negotiate cost-effective access to over 90,000 eBooks and audioBooks.

The field of librarianship is characterized by a high degree of information sharing. The library CEOs at Ontario libraries meet online regularly and discuss ideas, challenges, and approaches on an active email Listserv, to support each other. Conferences are organized so that staff at all levels of public libraries can attend, present, and learn new methods and concepts from colleagues. It's a place to debate and discuss the challenges of the profession, and hopefully find renewed inspiration along with solutions.

In fact, some of our staff represented Haliburton County Public Library at OLA's library "SuperConference" in Toronto in January. This was our first in-person conference appearance since 2019. Our tech and systems Librarian gave a presentation about the digital accessibility aspects of our library's new website. The presentation is titled Practical Digital Accessibility for Public Library Websites, and we co-presented with staff from the web development company we worked with last winter.

In summary, many committed people are involved in planning, overseeing, and running a great public library. We thrive on feedback from our community, and we love to see people signing up for new library memberships. Each person who shows up to run or attend a program, or simply uses a library's services, makes the organization better and our community stronger. Libraries really are community hubs, or the municipal living room, or the heart of a town – call us what you like, but we hope you'll stop by and see us this year. It would be great to welcome you and tell you more.

CROSSWORD ANSWERS

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Pickleball practice

Pickleball players get together in the gym of Haliburton Highlands Secondary School on Tuesday and Thursday evenings at 7 p.m. Everyone is welcome, and the cost is \$3 per person. /TIM YANO
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When tinkers travelled the Haliburton Highlands

JANET TRULL

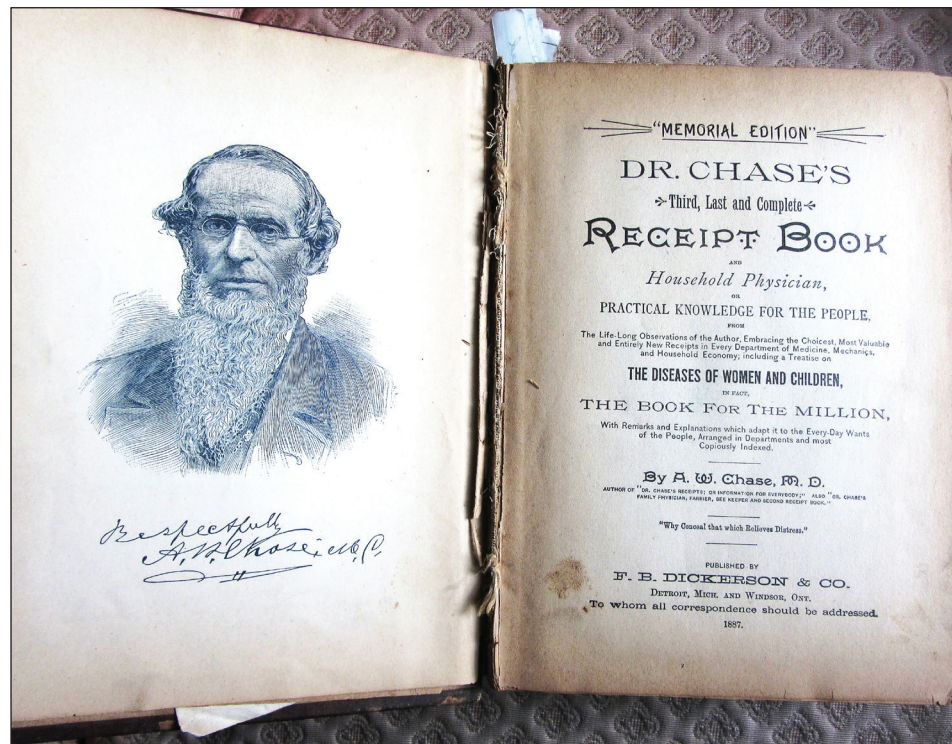
Special to the Echo

If you were living in Haliburton in the 1860s, you looked forward to a visit from the tinker. Tinkers were the Amazon of the past. They packed up their wagon with things a pioneer family might need. Soap, sewing thread, hair brushes, utensils, books. Tinkers could repair your pots and pans, too, the ones with holes that you didn't want to throw out. They heated up metal on a little stove, patched up your pot, and it was good as new.

It must have been a lonely circuit, travelling the backroads, going from one isolated farmhouse to the next. I don't think tinkers got rich, but they were generally well-received by women who didn't get many visitors.

One of the big sellers on the rural route was a book called *Dr. Chase's Recipes, Information for Everybody*. Before self-help books, before DIY (do it yourself) television shows, before YouTube videos and TikTok... there was Dr. Chase. He had all kinds of advice for fixing stuff, curing ailments, killing rats and getting stains out of carpets. He gave some sage advice for drunkards, and he had a sure-fire cure for rheumatism that required the cooking of four toads. Have you gone deaf? Grown a goitre? Gone bald? Dr. Chase had a cure for you! You can see why people would have paid a high price for this info. The 1879 version cost 49 cents. Worth every penny, I'd say.

Who was Dr. Chase? He was a self-described "practical therapist." He graduated from the Eclectic Institute of Cincinnati. Eclectic referred to the practice of choosing whatever would help the patient – botanicals, physical therapy, or drugs. Some of his "cures" were called "Granny's Cures." Not evidence-based science, just homemade recipes for coughs and rashes and cuts and headaches and



A copy of Dr. Chase's "third, last, and complete" Receipt Book. /JANET TRULL Special to Echo

tapeworms. There was no pharmacy with a senior's discount on Thursdays. Instead, the recipes were mixtures of leaves, roots and small animals.

I got my copy of Dr. Chase's book from Janice Bell-Bishop, a local wise woman who lives in the outback of Eagle Lake. She swears by the recipes. The introduction of the book will give you some idea of its usefulness. Especially if you happen to be a young lady.

Every Mother Needs It: To understand and provide for the care, dress, management, and bringing up of children; to understand and cure the diseases peculiar to childhood. Every Woman Needs It: For its plain and practical treatment and cure of all female complaints and irregularities. Every Man Needs It: To know how to act promptly in all kinds of accidents and

emergencies. Every Young Lady Needs It: For its hints upon etiquette, to know how to dress becomingly; to know how to beautify the person and complexion; to know how to soften and whiten the skin and hands; to know how to promote the growth and beauty of the hair; to know how to remove superfluous hair, or make it curl; to know how to remove freckles, pimples, and blotches; to know how to remove sunburn and tan; to know how to make perfumes, pomade, tooth-wash,

hair oils.

Amazingly enough, you can Google yourself a copy of this precious book. Check it out. There are thousands of tips and cures. Which is a good thing, because the last tinker passed through Haliburton County in 1938. If you want to learn more about the tinker trade, there is an excellent book called *Tinkers* by Paul Harding. It won the Pulitzer Prize in 2009. One of my all time favourites.



Pickleball players get together in the gym of Haliburton Highlands Secondary School on Tuesday and Thursday evenings at 7 p.m. Everyone is welcome, and the cost is \$3 per person. /TIM YANO Special to the Echo



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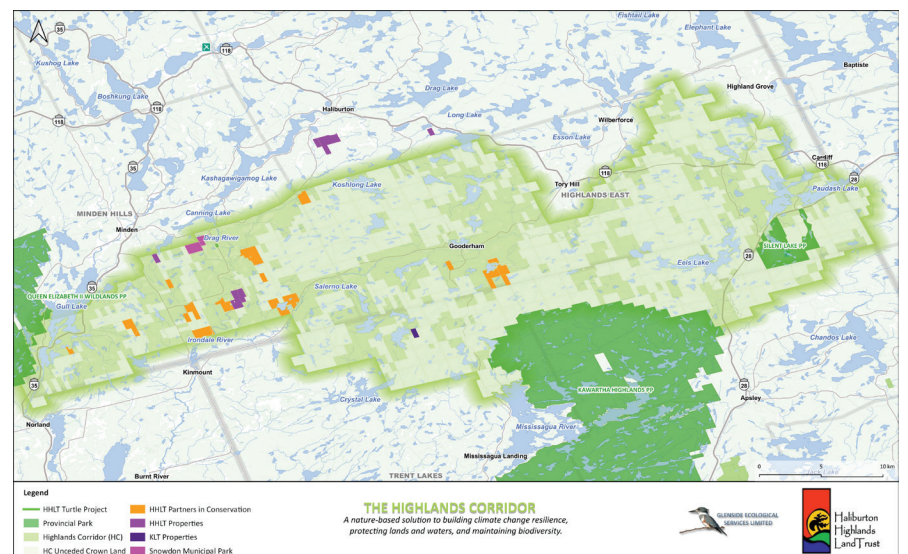
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Join Shelley Hunt, HHLT chair, and wildlife biologist, Paul Heaven, to learn more about the significance of the Highlands Corridor, HHLT's strategies for protection and how you can help. For more information go to www.highlandscorridor.ca



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Board and members. The ideal candidate will have a positive and helpful attitude and enjoy working with people. This is a part time position of 12 hours/week. Office management skills, computer skills and website management skills are essential.

To apply for this job, send your cover letter and resume to: the Arts Council~Haliburton Highlands, P.O. Box 931, Haliburton, Ontario K0M 1S0. Email: haliburtonarts@haliburtonarts.on.ca

The deadline for submission is Tuesday February 28th at 4:00 pm.

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Housekeeping/Laundry - Full Time, Temporary, Contract
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Grounds Keeping/Maintenance - Full Time, Temporary, Contract
Two positions available
Our Maintenance and Construction Team are managed with teams split between the Maintenance and Construction Team and Grounds Keeping.
Responsibilities include: keeping the grounds clean and clear of garbage and waste, grass cutting and leaf blowing, landscape maintenance, empty garbage receptacle, operation of front loader, painting, delivery wood for firepits. Sundry duties as assigned. Manual labour or construction experience will be an asset.
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Candidates will be cross-trained and or assigned to areas based on existing skills and previous work experience. Candidates must enjoy working outside. A typical work week is 40 hours with potential for overtime. Willing to take required government safety certifications such as WHMIS. Able to support a positive team environment.
Salary: Housekeeping / Laundry or Grounds Keeping: \$17.50 - \$19.50 per hour based on experience.
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Successful applicants will possess an AZ licence and have experience operating heavy equipment. This position requires an ability to work on call hours and respond to short notice call ins, and good judgment and communication skills. The hourly rate for this unionized CUPE position is \$26.23. This position includes participation in the OMERS defined benefit pension program and employer paid extended health benefits.

Visit our website at www.haliburtoncounty.ca/careers for a more detailed posting and job description.

Please forward your resume to shume@haliburtoncounty.ca no later than February 20th, 2023, at 4:30pm.

We thank all who apply for this position; however only those selected for an interview will be contacted.

The County of Haliburton is an equal employer. Accommodation can be provided in all steps of the hiring process, please contact Human Resources for further details.

In accordance with the *Municipal Freedom of Information and Protection of Privacy Act*, the information gathered will be used solely for the purpose of job selection.

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Deadline Friday at 4 pm

650 OBITUARIES



In Loving Memory of **Lisa Kerr (nee Cusato)**

It is with deep sadness that we announce the passing of Lisa Kerr (nee Cusato). After one last Valentine's Day together, Lisa fell asleep peacefully at home by the warm fire holding the hand of Bill Kerr—the love of her life. Lisa was the best possible mother to her four children: Steven (partner Emerald), Ryan (wife Christine), J.J. (partner Talia) and Loretta (husband Renato). Lisa cherished her parents Loretta and Michael Cusato and her siblings Michael (wife Leslie) and John (wife Isabelle). Since her diagnosis of brain cancer in June, Lisa has been surrounded by her loving family every step of the way.

Lisa graduated from Western Law School in 1987. Since making Minden her home in 1998, Lisa has had a tremendous impact on the county. Her most notable contribution was starting and nurturing the Volunteer Dental Outreach for Haliburton County. She loved showing quirky films with Those Other Movies, laughing with her book club The Coaster Club, and being the "World's Okayest Violin Player" in the Highlands Chamber Orchestra.

We would like to send a special thank you to nurses Kerri, Alex, and the whole palliative care team at the Haliburton Hospital for treating Lisa as though she was their own family. Anyone who knows Lisa knows that she radiated joy in everything that she did. She will be missed greatly by many.

For those who cannot attend Lisa's Celebration, speeches will be livestreamed at www.gordonmonkfuneralhome.com. It will be available for viewing on Saturday afternoon for a full year and the link for the Celebration is in the Photos and Videos.

Memorial Donations to the Volunteer Dental Outreach for Haliburton County (VDO) would be appreciated by the family and can be made online through the funeral home website.



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INSIDE
THIS WEEK:

LEAP YEAR BIRTHDAY

Jordan LaPierre is only two but he can read and play hockey. Find out why he's so special

FAMILY DAY A SUCCESS

Ice storm makes for a quiet Monday but not many people are complaining

IN THE PLAYOFFS

Red Hawks find their skating legs in first round of Kawartha hockey playoffs



THE ECHO

HALIBURTON COUNTY

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TUESDAY, FEBRUARY 26, 2008

VOL. 125 No. 9 \$1.25 INCL. GST

The race is on

Jacques Villeneuve will be one of the participants in weekend's Highland Cup

MATT JAMES
Staff Reporter

Highland Cup organizer Harold Foyster and his small crew have less than a week left to prepare the racetrack on Head Lake for the 2008 Highland Cup Ice Oval Snowmobile Races on March 1 and 2.

"We're just working on the track right now," said Foyster who has been plowing the course every time it snows. Since he started in mid-December the track has been subject to all sorts of weather — rain, mild temperatures, freezing rain and a fair share of snow.

The long-range forecast looks friendly with sub-zero temperatures leading up to race day but there's still some snow to come so Foyster's clearing duties may not be done yet.

In addition, there are 1,300 hay bales going around the track to give drivers and the audience a bit of protection in the event of a crash.

See **Spectators** page 17



MATT JAMES/Echo

A walk in the park

On Thursday night a small group gathered for the Full Moon Labyrinth Walk organized by the Rails End Gallery and Health For Life. The maze-like labyrinth, approximately 1,000 steps round trip, was constructed in seven hours by Rails End executive director Laurie Jones and a couple of helpers. Labyrinths are Jones' personal passion and she wanted to share the experience with others. The labyrinth is still in the park if others want to have a walk around. Meanwhile, take a peek at the previous night's lunar eclipse on page 8.

Fund puts \$564,000 in local economy

GREG HOEKSTRA
Staff Reporter

It was all smiles at the Haliburton County Development Corporation last Thursday when MP Barry Devolin came to town with a cheque for more than half a million dollars.

Community members and business leaders filled the organization's Maple Avenue office to celebrate the news that \$564,000 will be infused into the local economy in 2008 as part of

the Eastern Ontario Development Program.

The money supports HCDC initiatives such as the skills development program, which pays 50 per cent of training costs for business owners and their employees, the business planning initiative, which helps businesses develop business, marketing, or export plans, and the access to capital program, which provides interest-free loans to businesses and encourages economic development.

Now in its fourth year, Devolin said the program is both important and unique in that it allows the decisions to be made at a local level regarding how the funding should be distributed.

"Most parts of the federal and provincial governments are hierarchical. Decisions are made in the capital by ministers and deputy ministers, and then if flows down to a regional manager somewhere who implements decisions that have been

made," Devolin told those gathered on Thursday.

"This is a little different in that the money still flows from the top, but the decisions are made by a volunteer board here in Haliburton County. It makes a whole lot more sense to commit dollars to the area and then let local community leaders decide where those dollars could best go," he said. "The priorities in Haliburton might be very different than the priorities in

See **Money** page 20

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